

State of the Health Network Address-Video

Our strategy begins with creating a great experience for you.

Attend LVHN's Holiday Celebration

Gatherings will be held Dec. 12, 13 and 14.

I/S Launches New Security Measures

Efforts will keep information protected at LVHN.

Street Medicine Gets National Attention

Read the story from The Washington Post.

Thankfulness

Kim Jordan lists the things she's thankful for.

Nurse Residents Present Evidence

Learn about two Research Day presentations.

March of Dimes Physician of the Year

John Smulian, MD, receives the honor.

Reflections on 7,000 Operations

Raymond Singer, MD, ponders 25 years in practice.

This Week's United Way Winners

If you donated, your name may be on the list.

Turkey Toss Photo Gallery

[Read More](#)



LVH-Pocono West Plan Approved

[Read More](#)



LVHN news

Online Ratings Now on Find a Doctor

Parents Declare Lehigh
Valley Children's Hospital
NICU Nurses 'Simply the
Best'

How a Lactation Consultant
Can Help

Information on LVHN Weekly is for LVHN colleagues only and cannot be accessed on smartphones or computers outside of LVHN's network.

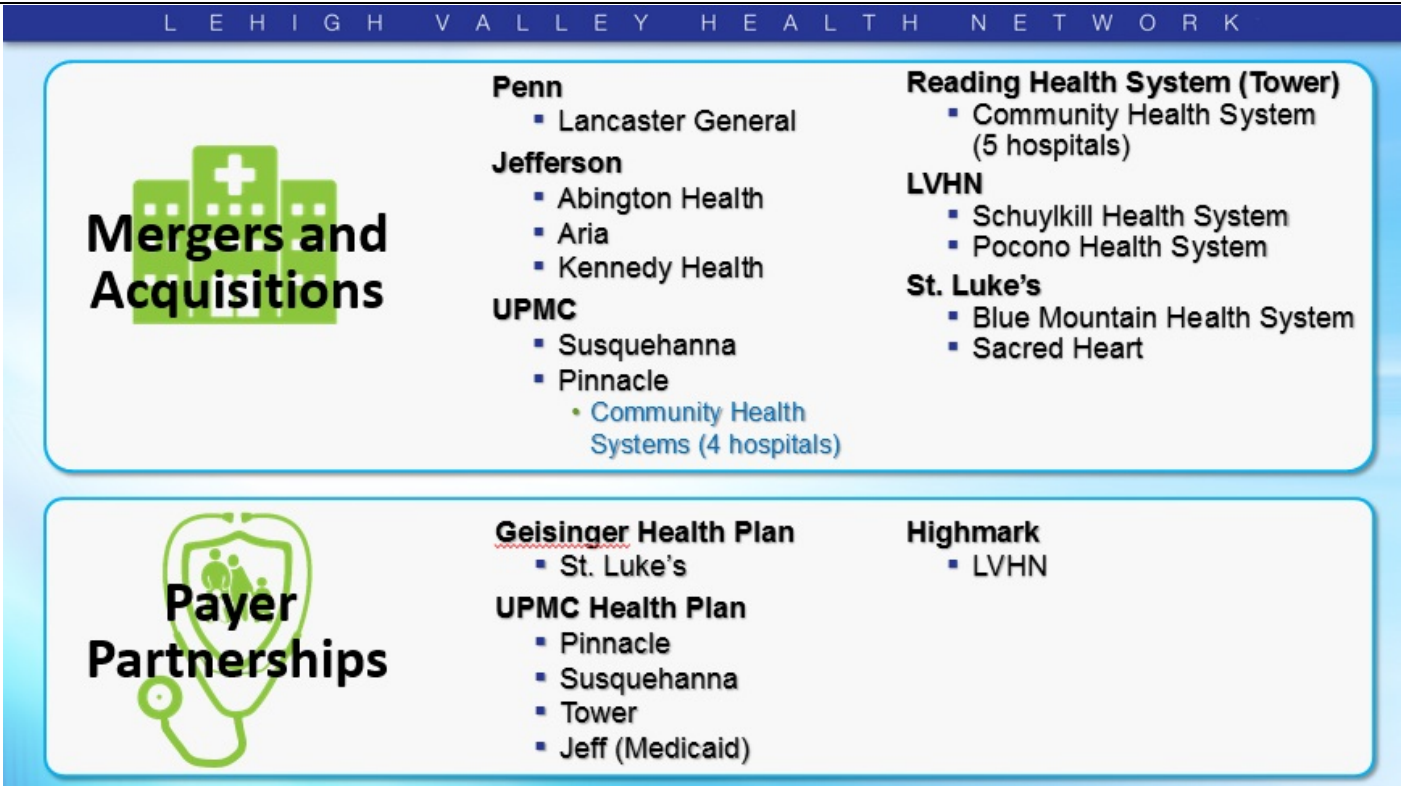
State of the Health Network Address – Fall 2017: Watch Video Snippets, the Whole Video or Read the Recap

BY [RICK MARTUSCELLI](#) · NOVEMBER 22, 2017



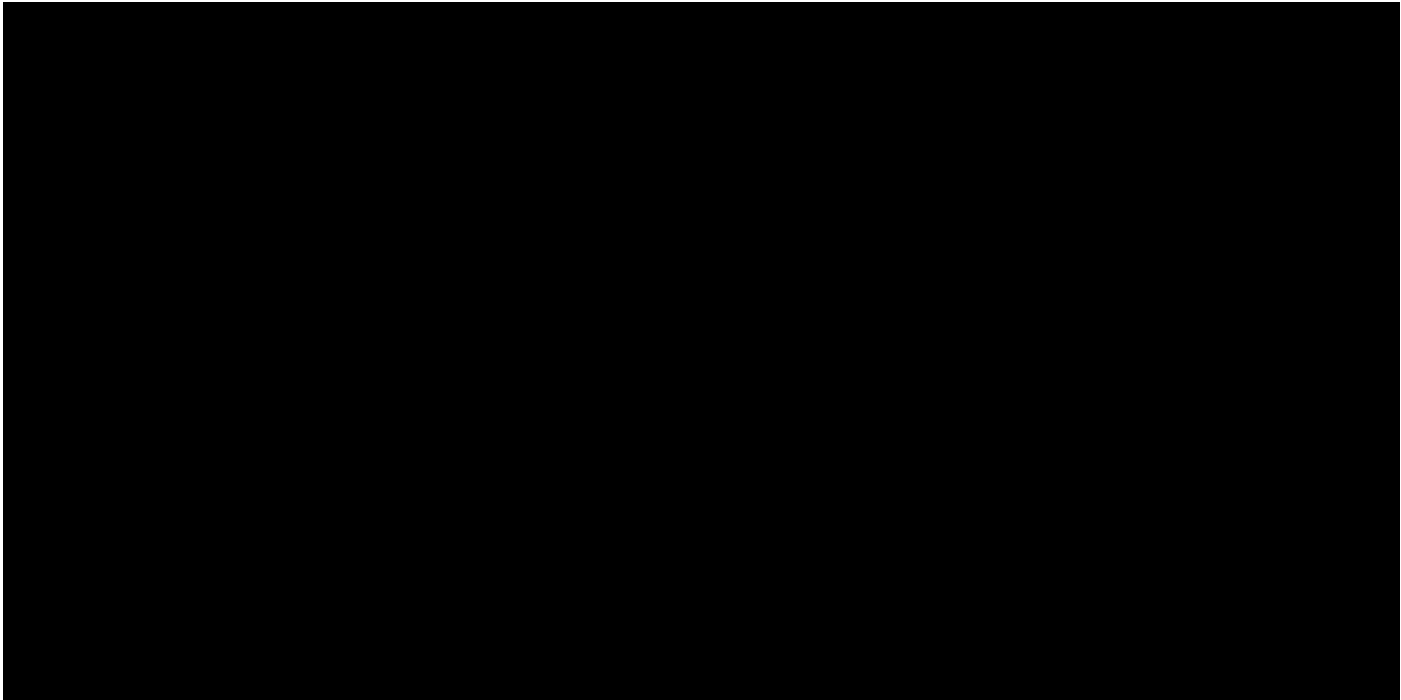
LVHN President and Chief Executive Officer Brian Nester, DO, MBA, FACOEP, presented the State of the Health Network Address on Nov. 16. He began by reminding colleagues that you chose a career in health care because you care about people. Throughout his presentation, he talked about how LVHN puts people first: colleagues, patients and their loved ones.

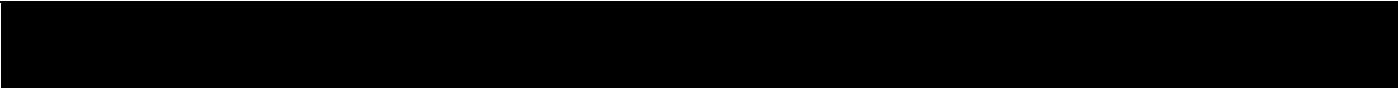
Dr. Nester discussed the state of health care as well as LVHN's strategy. The most important part of our strategy is creating a great experience for all colleagues, so that you can deliver a great experience to patients and families. Below, you can read an overview of his presentation and watch video snippets that provide more details, or [watch a video of the entire presentation](#). (Note: Despite suffering bruises in a car accident a few days before his presentation, Dr. Nester delivered a passionate presentation.)



Amid the challenges of our evolving health care system, many Pennsylvania hospitals and health systems are realizing they cannot go it alone. Thus, we're seeing mergers and acquisitions, and partnerships with health plans across the state. The graphic (above) shows the mergers, acquisitions and payer partnership that have occurred in the past three years. In this video, Dr. Nester explains our merger strategy.

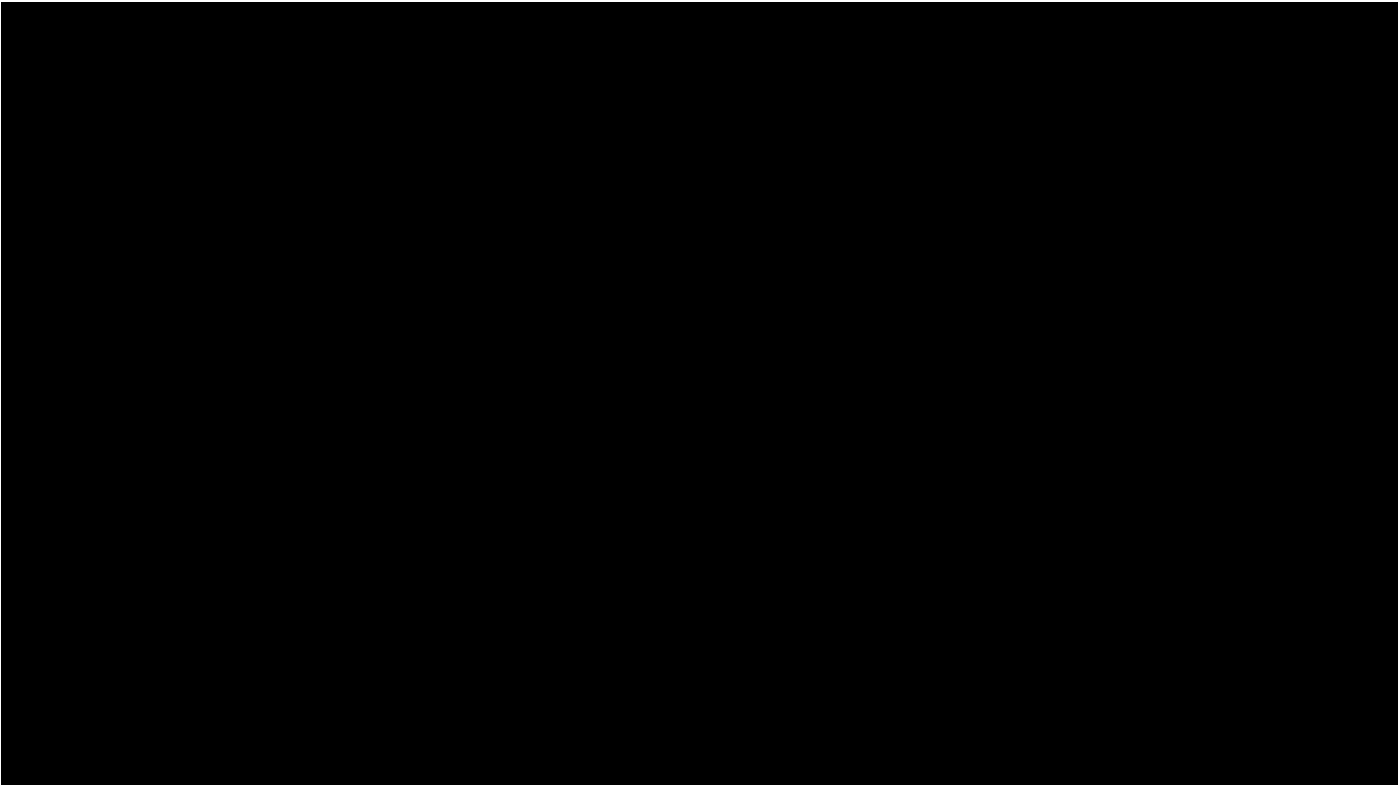
The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to watch.





Creating strong partnerships with health plans (payers) also is important because health plans will continue to be the way Americans access and pay for care. Highmark, the largest insurer in Pennsylvania, chose to partner with LVHN to create a new health plan called [Lehigh Valley Flex Blue](#). Highmark recognizes our ability to provide higher quality care to more people at a lower cost. One way we’re doing that is by making investments in outpatient services, as Dr. Nester explains in this video.

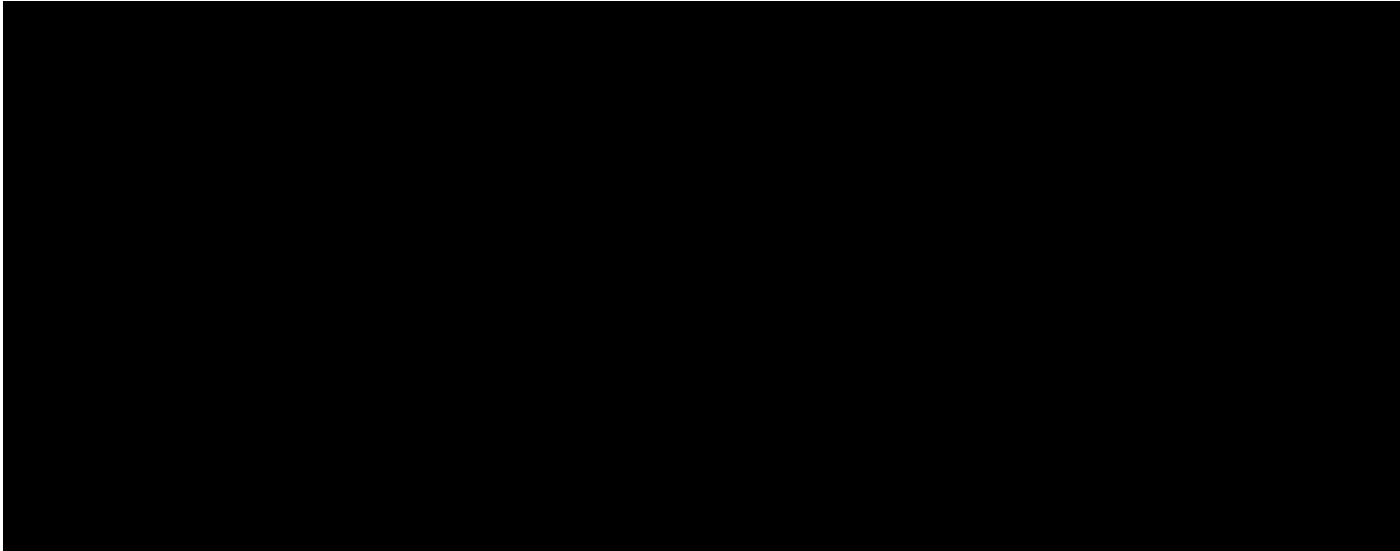
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During the first quarter of fiscal year 2018, inpatient admissions at LVHN were below budget. Contributing to fewer admissions is the hard work colleagues are doing to keep the people of our community healthy. We are well positioned for the future because we’re doing the right things: Providing great care, keeping people well and out of the hospital, and creating a healthier community. That will serve us well beginning in 2019 when 80 percent of Medicare payments will be based on the “value” of the care provided. In essence, we’ll be rewarded for how well we’re providing care and keeping people healthy (fee for value), rather than how much care we’re providing (fee for service). In this video, Dr. Nester explains how we’re creating a healthier community and how it is affecting LVHN today.

The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to watch.





The LVHN strategy begins with creating a great experience for you and all colleagues. When you have a great work experience, you’re able to give patients and families the best possible experience. They’ll remember how you made them feel and continually turn to us for care. That’s how we gain momentum and move our organization forward. At a recent leadership retreat, the visual of a flywheel was used to symbolize that momentum. With one push, the flywheel gains momentum and accelerates. LVHN’s first “push” is to create a great experience for you.

PRIDE is at the heart of everything we do because it’s all about how we treat people. We recently surveyed colleagues about our PRIDE behaviors, listened to your suggestions and updated our PRIDE behaviors to put you first, even before our patients. Here is what’s new about PRIDE:

- You’re asked to make the PRIDE Promise, a personal commitment to practicing these behaviors.
- We listened to you and included the new things that you told us are important to infuse into our culture (creating time, trust and teamwork by being present, engaged, positive and accountable).

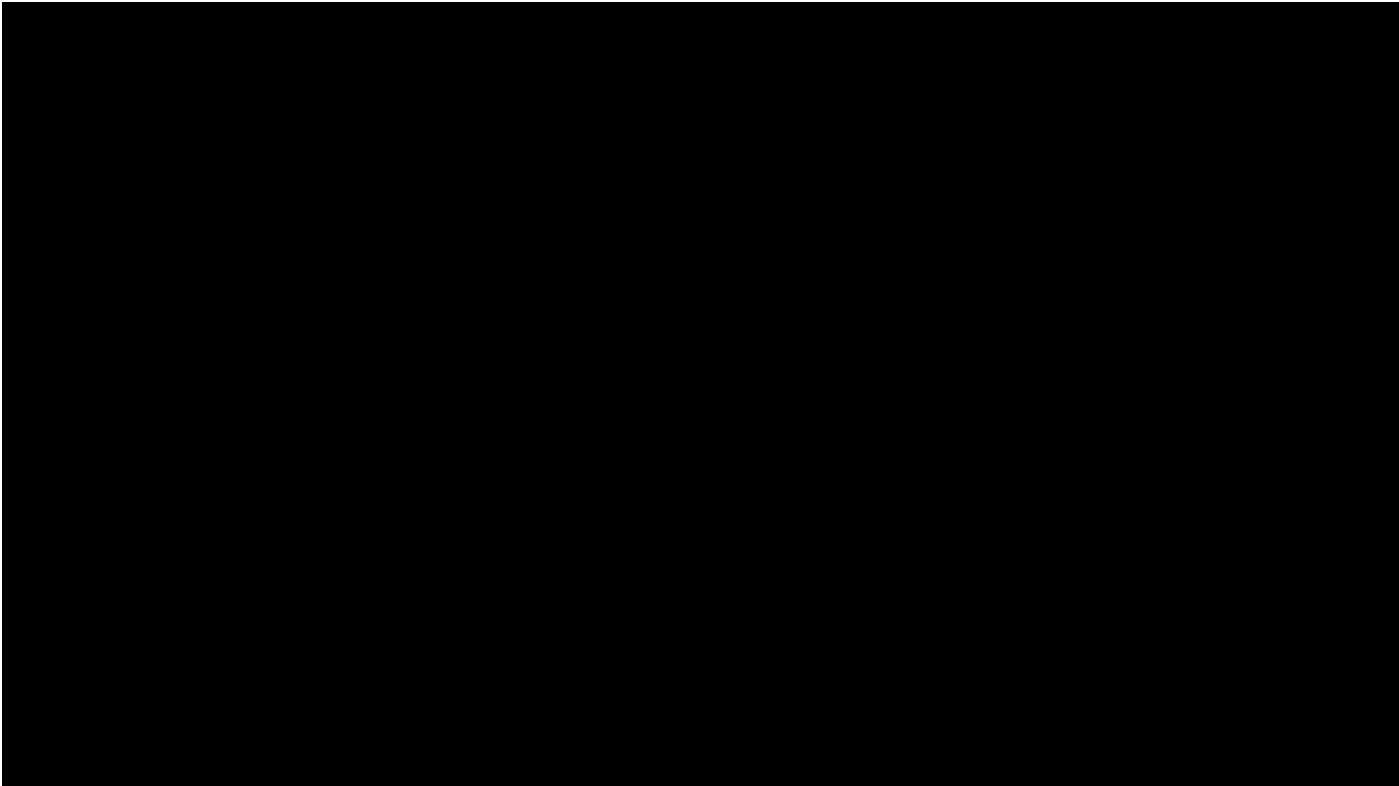
Practicing PRIDE means we’re listening to you and making investments in you. Here’s how:

- You asked for better fitness benefits. Now, all colleagues can [use LVHN Fitness facilities at no cost](#) and with no minimum visit requirement.

- You asked for professional and personal growth opportunities. Now through January, we'll begin rolling out [free development opportunities](#) designed to help you be at your best.
- You asked to have more interaction with leadership. Now, colleagues are invited to the State of the Health Network Address. We're hosting Town Hall meetings, Casual Conversations and PRIDE Rounds. Leaders also are providing more communication via blogs and emails. Coming soon, colleagues will be invited to join a "colleague ambassador" program, which will promote more two-way communication between staff and leadership.
- We'll keep listening to you. In February, we'll conduct our next Colleague Survey.

Creating a great experience for you is so important, it will soon be part of our health network goals. Dr. Nester explains in this video.

The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to watch.



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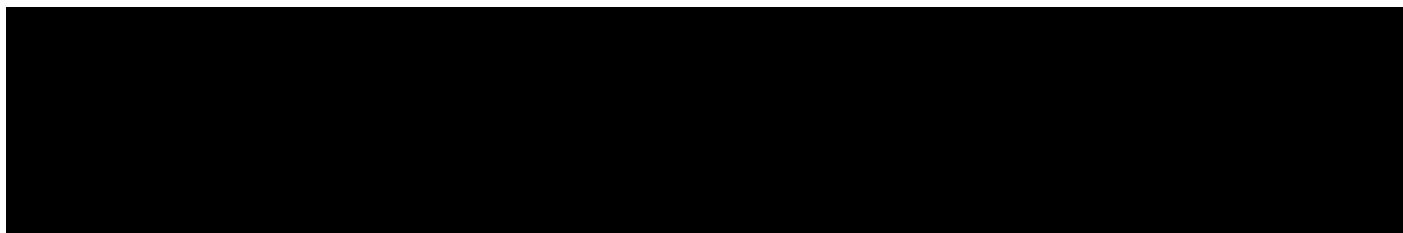


View Provider Ratings

When you're at your best, our flywheel gains momentum. When you have the right work conditions, we all can give people the conveniences and experience they desire. We can "Just Say Yes." Here's what we're doing to provide people with convenient access to care:

- We're making a promise to people who call an LVPG practice or our Access Center for an appointment to get them in "[today, tomorrow or the next day](#)."
- You can call one toll-free number, 888-402-LVHN, to connect to everything LVHN has to offer.
- You can click LVHN.org or MyLVHN to schedule an appointment.
- You can walk in to ExpressCARE without an appointment for treatment of minor illnesses and injuries. You also can check [ExpressCARE wait times](#) on LVHN.org to learn how fast we can see you.
- You can view providers' star ratings and comments from verified patients on [LVHN.org/find_a_doctor](#) to choose the best doctor for you.
- You can have a [video visit](#) from the comfort of your home if you have a minor medical concern. Here, Dr. Nester explains what makes our video visits unique.

The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to watch.



During the leadership retreat, we brainstormed new ways to increase access to our services while keeping in mind things already on your plate. Innovative ideas were shared. For example, LVPG is now hiring Access Coordinators, a new position in practices that are seeing patients going elsewhere for care. Access Coordinators will focus on removing barriers and getting people in the door for care. These colleagues fulfill a need and allow other practice colleagues to focus on their responsibilities. It's another example of LVHN's commitment to you and our patients.

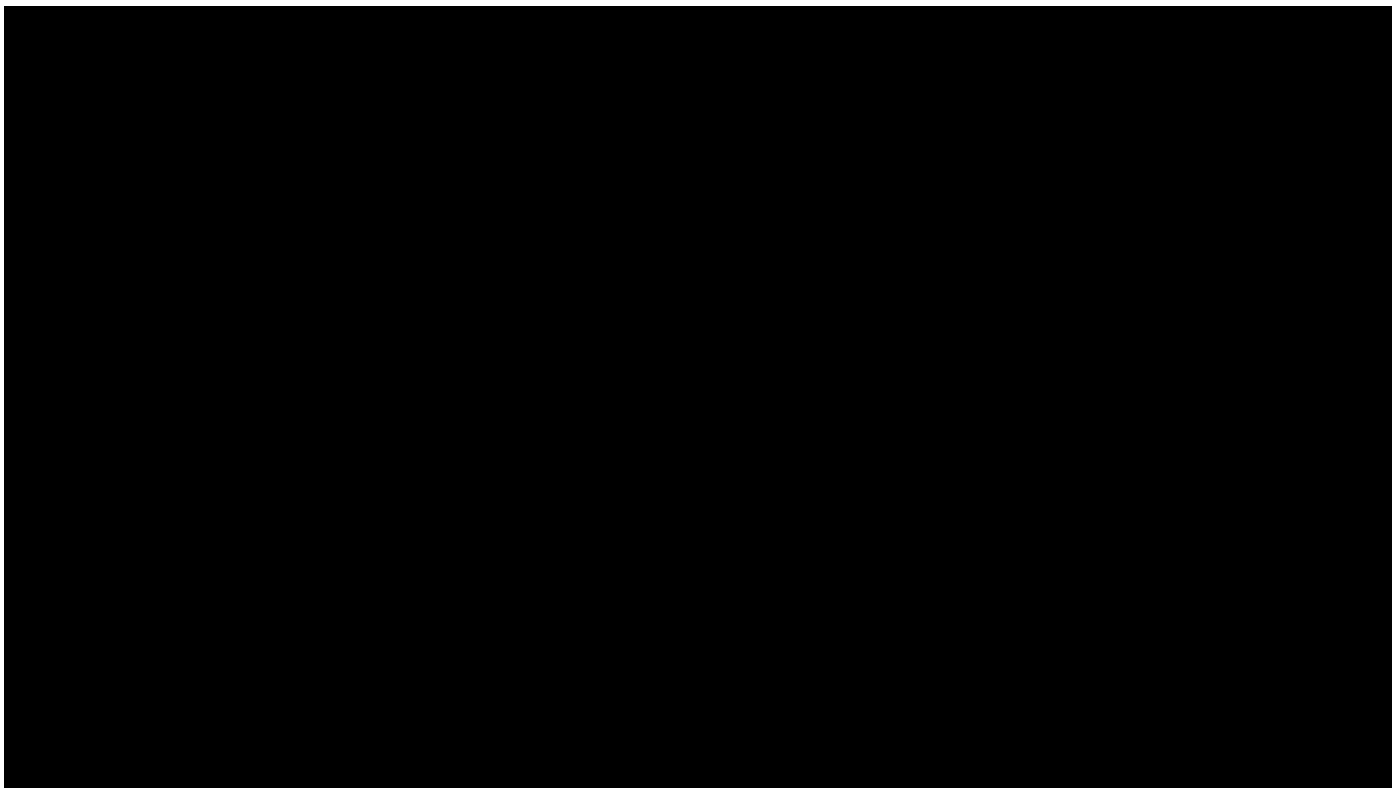


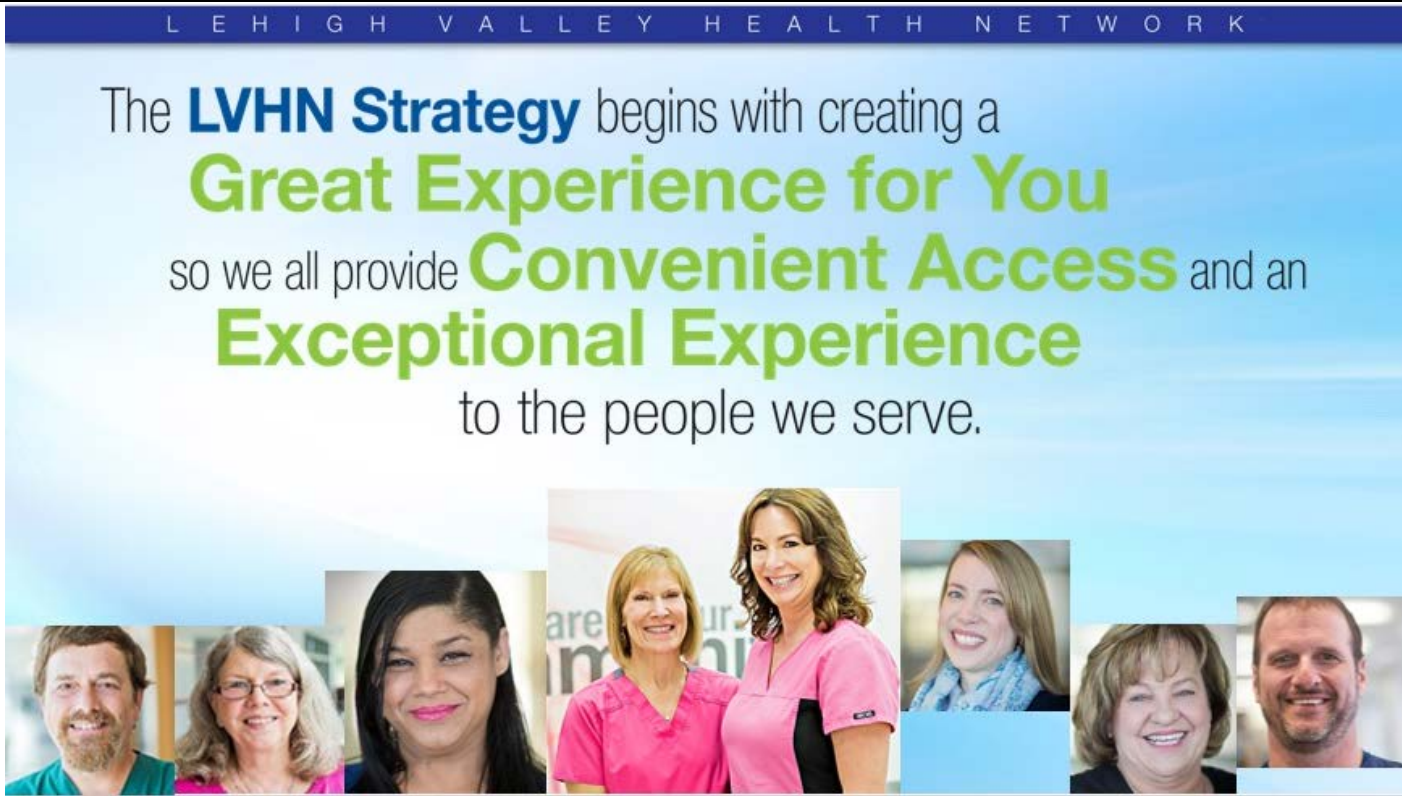
The flywheel is gaining momentum. As we make it easy for people to access our service and provide the best experience, people will continue to turn to us for care, and they'll tell their family and friends about their experience here. That patient loyalty propels the growth and revenue that allows us to create an even better place to work and make investments in all the regions LVHN serves.

We've created a health network in which all the quality services we provide are accessible within driving distance. Now, we will continue to make investments in all the communities we serve.

- In Hazleton, we'll modernize LVH–Hazleton, create a [health care campus of the future](#) and recruit new primary care and specialty providers.
- In Monroe County, we're building [LVH–Pocono West](#) in Tannersville.
- In the summer, we'll break ground on a new campus in Lower Nazareth Township.
- In Schuylkill County, we'll work to expand access to primary and specialty care.
- In Bucks County, we're planning a new health center at Pumping Station Road and Route 309.
- Growth is taking place behind the scenes to connect our health network with one integrated health record: Epic.
- Our commitment to residents of Carbon County remains despite Blue Mountain Health System's decision to merger with St. Luke's. Dr. Nester explains in this video.

The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to watch.





The LVHN strategy is summed up in the statement above. The state of our health network is strong. Together we can make it even stronger.

Leaders should:

- Help create a great work experience by supporting your staff.

Colleagues should:

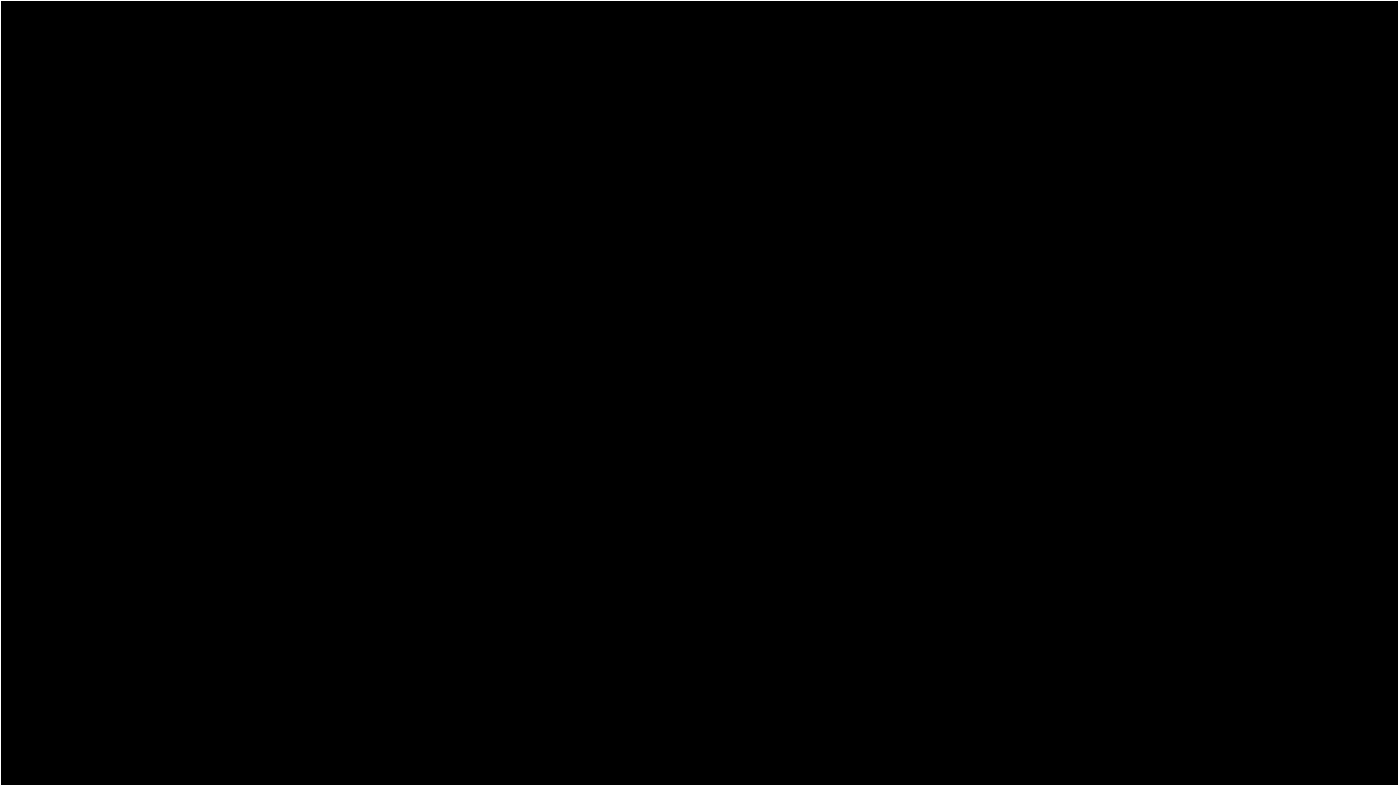
- Take advantage of the opportunities LVHN makes available to you. Join LVHN Fitness and take advantage of professional and personal development opportunities so you are at your best for our patients.
- Practice PRIDE. Promise to treat colleagues, patients and their families with PRIDE during every interaction.
- Just say yes when someone needs and appointment, test or service. If you see a barrier, raise the issue with the right people and help fix it.
- Never forget why you chose a health care career and that LVHN delivers care from the heart.

Watch the State of the Health Network Address in its entirety.

At the end of the presentation, Dr. Nester answers questions about our health insurance strategy, the progress of health care reform in Washington D.C., the possibility of additional mergers and more.

The video below will only play in Google Chrome. If you are using Internet Explorer, click [here](#) to

watch.



Annual LVHN Holiday Celebration Scheduled Dec. 12, 13 and 14

BY [EMILY SHIFFER](#) · NOVEMBER 21, 2017

All colleagues are invited to take part in the annual LVHN Holiday Celebration, which will be held this year on Dec. 12, 13 and 14 at various health network locations.

The schedule is as follows:

Tuesday, Dec. 12

LVH–Cedar Crest

Kasych Family Pavilion lobby: 11 a.m.-7:30 p.m.

Café (third shift): 12:30-2 a.m.

LVHN–Tilghman

Large conference room: 11 a.m.-2 p.m.

Wednesday, Dec. 13

LVH–Muhlenberg

ECC lobby: 11 a.m.-7:30 p.m.

Café (third shift) 12:30-2 a.m.

LVHN–One City Center

7th floor common areas: 11 a.m.-2 p.m.

Thursday, Dec. 14

LVH–17th Street

Auditorium: 11 a.m.-7:30 p.m.

Café (third shift): 12:30-2 a.m.

LVHN–Mack Boulevard

Auditorium: 11 a.m.-2 p.m.

The menu for the occasion:

Garden vegetable salad – Mixed lettuces with tomatoes, cucumbers and carrots, with ranch and Italian dressing



Hummus and bruschetta – Lemon garlic hummus and balsamic tomato bruschetta with toasted fresh pita wedges

Apple Wedges with Toffee Cream Cheese Dip – Fresh apple wedges with a toffee and cream cheese dip

Creamy Parmesan Chicken – Grilled chicken tossed with cavatappi pasta, wilted spinach and roasted red peppers with a parmesan cream sauce

Meatballs Marshand de Vin – Roasted meatballs covered with a savory burgundy demi-glaze with cracked black pepper

Broccoli, Cauliflower, and Tomato Rice – Blend of steamed broccoli & cauliflower, sauteed onion & red peppers on a bed of herb seasoned tomato white rice

Assorted Desserts, Holiday Punch and Hot Peppermint Cocoa

LVHN Information Services Launching New Security Measures

BY [ADMIN](#) · NOVEMBER 21, 2017

This message is from Michael Minear, Senior Vice President and Chief Information Officer.

“Phishing” is a term that describes emails or calls designed to trick victims to share private or sensitive information such as login credentials, passwords, or personal and financial information.

“Spear phishing” is a more targeted effort in which attackers study and use information about an organization and its people. Attackers create even more compelling emails and online messages to trick people to give up login credentials and personal information.

LVHN tests colleagues regularly to make certain phishing emails are not responded to. Colleagues fall for the trick every time, and this cannot continue. **If the source of an email is not known, do not open it. Do not provide logins, passwords or other information to strangers.** Doing so puts the organization and your future with it at risk. This is not a drill. Health care organizations experience phishing attacks daily. Giving confidential login information in response to strange emails puts all LVHN systems at risk, and LVHN is taking every step to avoid that. Be vigilant of phishing scams at work and at home. To protect personal and LVHN patients’ information at LVHN, the information services (IS) team is launching additional security measures.

Outside Email Notification

The first step is launching an outside email alert on Nov. 20. Any email sent by an account outside of the LVHN network carries a visible banner warning (shown below) that the email was not generated internally. The banner is an instant reminder to pause and take action to ensure the sender is known. If the sender appears to be an LVHN colleague name, the reader should contact the sender to verify the message and validate any attachment.

CAUTION: This email originated from outside of the LVHN network. Do not click on any links or open attachments unless the sender is known, and the content is verified as safe.

Two-factor Authentication

Passwords alone do not provide an appropriate level of security, even when complex and changed



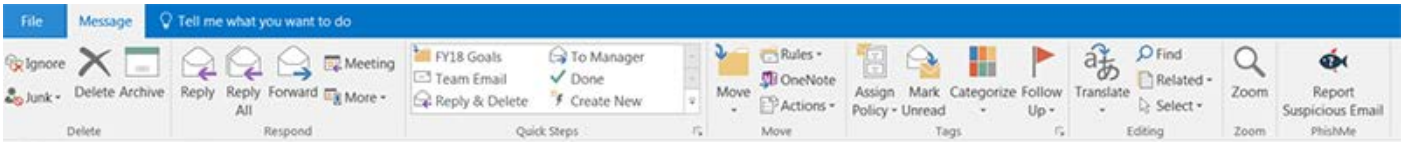
frequently. Beginning Tuesday, Nov. 28 at 10 a.m., LVHN is introducing two-factor authentication for colleagues and vendors using the intranet.lvh.com page to connect to the LVHN network remotely, such as from off-campus locations.

When logging in from an off-campus location, colleagues will still be prompted at the intranet.lvh.com page to supply the login name (SUI) and password. For a second layer of protection, colleagues will be prompted to enter a second authentication code before entering the LVHN network. Step-by-step instructions will be sent to LVHN colleagues in preparation for two-factor authentication, but most are familiar with two-factor authentication through personal banking applications that send a verification code through SMS text to a mobile phone.

While the two-factor authentication process adds an extra step for colleagues to access LVHN systems remotely, it is proven to stop phishing attacks. If a hacker gets a colleague's login credentials, the hacker will never have access to the second factor, the SMS text message. Two-factor authentication makes LVHN a tougher target for cyber-attacks, causing hackers to move on to easier targets.

Report Suspicious Emails

If a suspicious email is received, click the button at the top of Outlook's Ribbon called, "Report Suspicious Email." If you're using a mobile device or webmail, forward emails to spam@lvhn.org.



A notification is generated that a report has been submitted, and the IS security team investigate the email as a potential phishing attack. There is no penalty for reporting a harmless email. However, if the email is malicious, the intelligence provided to IS security helps determine the source of the attack and prevent future attacks to the network. Remember to be on the lookout for suspicious emails.

Thank you for doing your part to keep information and technology protected at LVHN.

Street Medicine Team Makes National Headlines

BY [RICK MARTUSCELLI](#) · NOVEMBER 22, 2017

Last year, the International Street Medicine Symposium was held in Geneva, Switzerland. This year, an audience of more than 500 people from 85 cities in 14 countries on four continents convened at a new location, [downtown Allentown](#). The fact that the latest symposium was the Institute's largest to date is evidence of the amazing work being done by colleagues on LVHN's Street Medicine team.

The Washington Post health and science reporter Laurie McGinley attended and covered the symposium. During her time in the Lehigh Valley, she also spent a day making rounds with LVHN's Street Medicine team.

Her story was published in The Washington Post today.

[Read it now.](#) It shines the national spotlight on LVHN by highlighting the exceptional work of our colleagues and explaining how their work helps us achieve the Triple Aim: better health, better care and better costs for the people of our community.



Thankfulness

BY [KIM JORDAN, DNP, RN](#) · NOVEMBER 23, 2017

Dear colleagues,

I wanted to keep my blog for this week focused on one thing: giving thanks.

When I first contemplated having a blog on LVHN Daily, I had a few key messages in mind: staffing, hiring efforts, retention plans and expressing my thanks. This week, it's all about thankfulness. Writer William Arthur Ward said it best: "Feeling gratitude and not expressing it is like wrapping a present and not giving it." When it comes to thankfulness, this is a gift I intend to share!



- I am thankful for my family and friends and the joy they bring to my life – you are everything to me.
- I am greatly thankful for good health – it is a state of being I know we cannot take for granted.
- I am very thankful that my chosen profession of nursing has allowed me to care for and work with people from all over the world – literally!
- I'm thankful to work in an organization that lives its mission to heal, comfort and care for the people of our community, including all those in our new hospital regions.
- I'm thankful for the world-class providers at LVHN who bring incredible knowledge, talent, compassion and skill to our patients.
- I'm thankful for all the colleagues in the multiple departments that support outstanding patient care – without you, we would be hard-pressed to deliver the level of care that attracts people from across Pennsylvania, and beyond, to LVHN.
- I'm thankful to be a part of a Magnet® recognized organization and thankful for the ways Magnet inspires patient care colleagues to lead – and support – a high quality care team.
- I'm thankful for the team of fantastic nursing leaders I work with. You lead by example and by building trust with your patient care colleagues.
- I'm thankful for the hundreds of you who are here at the bedside caring for our patients seven days

a week, 365 days a year, 24 hours a day – on holidays, snow days and every day! You make a difference to our patients and each other every moment of the day.

I'm humbled to lead you and all patient care staff. Thank you for your hard work, intelligence and kindness, and thank you for being part of the culture that promotes collegiality, collaboration, cooperation and respect.

Wishing you all a blessed Thanksgiving,

Kim

P.S.: Please remember, I am also thankful for your emails and welcome you to share your thoughts, concerns and kudos with me. My email is: Marie.Jordan@lvhn.org.



Kim Jordan

About me: My name is Kim Jordan, DNP, RN, and I am Senior Vice President and Chief Nursing Officer at LVHN. I came to LVHN 15 years ago as director of the open-heart and transitional open-heart units. I consider it an honor and a privilege to lead our outstanding nursing colleagues.

Nurse Residents Present Evidence

BY [SHEILA CABALLERO](#) · NOVEMBER 20, 2017

Research Day 2017 was an opportunity for nursing and other clinical colleagues to present research that is changing nursing practice. Here's a brief look at two projects that are changing the care experience.

Skin-to-Skin Contact After Cesarean Delivery



Project team: Brittany Cerino, RN, Keli Cichononski, RN and Lee Daignault, RN

Project facilitator: Julia Gogle, RN

Skin-to-skin (S2S) contact between a mother and her baby within the first few hours after delivery helps newborns adapt to the extrauterine environment. The practice is in keeping with our family centered approach to care, as well as the World Health Organization and United Nations Children's Fund Baby Friendly Hospital initiative. It's also proven to improve bonding and breastfeeding rates, while lessening newborn stress, crying, jaundice, respiratory and heart rates.

A team of nurse residents at LVH–Cedar Crest created a pilot program aimed at reducing the time to S2S after non-complicated cesarean deliveries in full-term babies. The team provided S2S education to nursing staff and to mothers in the antepartum period. Previously, babies were separated from their

mothers while surgery was being completed, resulting in a delay in S2S. A change in practice allowed infants and maternal support partners to remain with the mother in the OR after delivery so SKS could begin as early as possible. Once surgery is complete, the family transfers together to the OB recovery room where they can continue SKS, bonding and breastfeeding (for those who choose breastfeeding).

After the pilot study was complete, time to S2S after a C-section decreased from 82 minutes to 27 minutes. S2S is now part of standard practice.

Additional recommendations from the research team include: more education for parents on S2S; reduced sedation for moms after delivery; and a restructuring of the OR baby nurse role to ensure a baby nurse is present in the OR.

Bröset Violence Scale



Project team: Alyssa Petillo, RN, Meghan Reilly, RN, Morgan Kutz, RN

Project facilitators: Katie Best, RN, Reza Armaghan, RN and Deb Greenwood, RN

Violence towards nurses and other clinical staff is escalating around the country, including in the ED. Behavioral health colleagues throughout LVHN use the Bröset Violence Scale (BVS) during telehealth encounters and at the bedside to identify a patient's potential for violence and to decrease violent incidents.

A team of nurse residents set out to study whether the BVS could be effective in the ED. The study was framed around a PICO (patient/problem, intervention, comparison, outcome) question that asked

whether the BVS would increase medication and decrease the use of restraints.

The BVS evaluates a patient's propensity for violence by measuring confusion, irritability, boisterousness, the use of verbal or physical threats, and attacking objects. Patients are scored every two hours. Scores above 2 indicate a potential for violence.

During the study period, the nurse resident team observed 52 patients. Use of the BVS tool resulted in more patients being medicated and the use of fewer restraints. The team is now moving toward the internal review board (IRB) application process to seek permission for a formal research study to evaluate the reliability and validity of the BVS tool in the ED.

John Smulian Named March of Dimes Physician of the Year

BY [TED WILLIAMS](#) · NOVEMBER 21, 2017

John Smulian, MD, Vice Chair of LVHN's Department of Obstetrics and Gynecology and Chief of the Division of Maternal Fetal Medicine, has been selected as 2017 Physician of the Year by the March of Dimes, Northeast Pennsylvania Market.

A longtime member of the organization's regional board of directors and statewide maternal and child health committee, Smulian has been involved in the selection of the annual March of Dimes' Neonatal Intensive Care Unit (NICU) Nurse of the Year award, which has been revealed at the annual Signature Chef Auction since 2012. The event is a March of Dimes tradition nationwide where local chefs' creations are sampled in association with silent and live auctions to support research and education concerning preterm birth. This year, the Northeast Pennsylvania Market auction was held Oct. 16 at the Mack Customer Center in Allentown.



In 2014, the board added a NICU Physician of the Year award to the festivities. Smulian found himself nominated for the award each year since its inception on the strength of his contributions to the March of Dimes, but has declined being considered because he wasn't a NICU physician. This year, the board voted to drop the NICU distinction from the award and take the opportunity to honor Smulian.

Smulian arrived at LVHN in 2008 after a long career with the University of Medicine and Dentistry of New Jersey–Robert Wood Johnson Medical School, where he was Director, Division of Maternal Fetal Medicine and Director of Perinatal Research.

Raymond Singer, MD: Reflections on 7,000 Operations and 25 Years as a Surgeon

BY [ADMIN](#) · NOVEMBER 21, 2017

This column was written by Raymond Singer, MD, Physician-in-Chief of the LVHN Institute for Special Surgery. It appeared in [The Morning Call](#).

It's hard to believe that so much time has passed. After four years at Muhlenberg College, four more years of medical school at the University of Pennsylvania, and eight years of residency at Jefferson University Hospital, I've now hit the milestone of 25 years in surgical practice and 7,000 operations.

It feels like yesterday that I was the new guy in town. And now today, the new recruits look to me for advice — the kind of sage advice that only experience and perseverance can provide.

My reflections are naturally bittersweet. Like most, I tend to dwell more on my mistakes and the things I wished I could have done differently. I think about the missed opportunities and the times that I was too cautious or too bold.

The road has been long and demanding, full of speed bumps and challenges. There were many times that I wondered if I would make it through. And though I've persevered, my heart still knows little rest. In the quiet of night, I often think about the patients I could not save. Their memories remain with me, along with the emptiness of knowing that my best just wasn't good enough.

One such patient is Trina Green from Ashland, Schuylkill County; her picture remains on my desk. I met Trina shortly after her 40th birthday. Just one year prior, Trina was diagnosed with [breast cancer](#). She had undergone what was believed to be curative surgery, but sadly, the cancer returned, having spread to her lungs.

Unfortunately, there was little I could do surgically. Trina was an avid Phillies fan, like me. Before her death, Trina enjoyed one last Phillies game, sitting in my seats at Citizens Bank Park. The photograph on my desk was taken at that game, showing Trina so happy, as if she had not a care in the world. Her effervescent blue eyes sparkled with joy, as she cheered on her Phillies for the last time. Her memory



and those beautiful eyes still haunt me.

Yet, there is also great satisfaction and accomplishment upon reflection. Over the years, I've touched many lives, more than I take the time to sometimes realize.

One is Mischel Satunas of Bethlehem. At 49 years old, she underwent a lifesaving third-time, triple-valve open heart surgery, a procedure rarely performed. Before meeting me, she was turned down multiple times for surgery, saying that she was too high of a risk and that her symptoms were all in her head. She recently celebrated her six-year anniversary from that successful surgery and has become a spokeswoman and champion for women with heart disease in our community.

Mischel would say that a smile, a touch of the hand, a kind, but confident word to let someone know that they're going to be fine makes all the difference. Patients cherish those personal moments the most, knowing that their doctor cares for them with respect and empathy. The lesson here is simple: Treat every patient as if they were your own family.

I've often said that I was lucky because I came from a family of patients, not doctors. My father had three cancers before he died. My amazing 94-year old mother is twice a cancer survivor and had heart surgery herself many years ago, and yet she continues to fight on. I've sat in many doctors' waiting rooms.

I've witnessed the physical impact of cancer and chemotherapy. I've felt the pain that comes from surgery, and I've endured the sadness of saying goodbye to someone I love.

Treating patients as if they were your own family is the key to enjoying a long career in medicine. In many ways, it's all that really matters. Doctors can go to the best schools and learn every new procedure, but they will never truly succeed unless they learn to treat the patient, not just the disease.

This advice of "treating the patient, not the disease" is hardly new, nor mine, but goes back thousands of years ago to the teachings of Hippocrates and Maimonides. It's as old as the golden rule, "Treat others as you would wish to be treated."

Yes, I've been blessed to have enjoyed a rewarding career at a magnificent hospital, living in a wonderful community, raising two beautiful daughters with my wife. I've worked with the same staff, the same nurses, and the same dedicated colleagues for all 25 years. I've said many times that the reason I've never left is because I know in my heart, whatever success I enjoy, it's because of the team that surrounds me.

I hope to keep the flame burning for years to come. When you love what you do, it's not work, so retirement is not on my to-do list for now. Besides, I rather be in the operating room with these young, talented professionals, than chasing golf balls in the woods.

But no matter what the future holds for me, today I am filled with gratitude for my patients and their families, my colleagues and staff, and most of all, my family, for always being there for me. To all, I say

Raymond Singer, MD: Reflections on 7,000 Operations and 25 Years as a Surgeon – LVHNDaily

with deep appreciation and love, thank you.

You Could Be a Winner. Read the United Way Weekly Prize List to Find Out.

BY [ADMIN](#) · NOVEMBER 22, 2017

Our annual LVHN United Way campaign runs through Dec. 1. This year's theme is "Our Future. Our Community." Your donation will help the United Way of the Greater Lehigh Valley support vital community-based programs that focus on education, food access, healthy aging and emergency services.

Each week, colleagues who donate are entered into a drawing for a variety of exciting prizes. Don't fret if you don't win. Your name will automatically be entered into the following week's drawing. Below is the list of winners for week eight.



Winner

Prize

Michaelene Panzarella Gift certificate: Recreation Committee tickets/trips

Donated by: LVHN Recreation Committee

Gail Pitsko VIP Parking June 1-Dec. 31: LVH-17th Street, LVHN–Mack, LVH–Cedar Crest or LVH–Muhlenberg

Donated by: LVHN Security
Shannon Silberman PTO Day

Donated by: Human Resources

Lisa Rosati Gift card: Sodexo

Donated by: Sodexo

Sue Horton	Massage
Donated by:	LVHN Fitness
Nicole Spess	Personal Training Session
Donated by:	LVHN Fitness

Jennifer Gilman	Personal Training Session
Donated by:	LVHN Fitness

Stacie Zellers	Personal Training Session
Donated by:	LVHN Fitness

Marianne Ondrasik	Personal Training Session
Donated by:	LVHN Fitness

There's still time to donate. You can give to the campaign by clicking the United Way icon on your SSO toolbar. *(Please note: To donate to the United Way, you must click the “United Way” icon. If the icon does not appear, refresh your toolbar under the “Options” drop down. The “Give Now” icon is for colleagues to donate to Lehigh Valley Health Network.)*